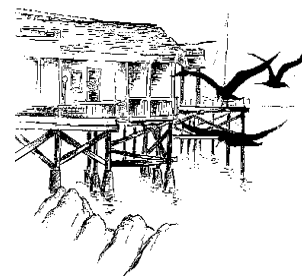


The Monterey County Chapter
California Association of Marriage and Family Therapists

March / April 2023 Newsletter



Benefits to MC-CAMFT Membership:

- Reduced fees at our events
- Invitation to our Members only annual gatherings
- Access to Members only Salons, which are intimate workshop offerings taught by fellow Members
- Periodic Newsletter with relevant CAMFT information and Member created writing
- Opportunity to contribute your writing to our Newsletter, including things such as a column, book review, workshop or conference review, poem, opinion piece or article
- Free advertising in our Newsletter and “Classifieds” section of our website
- Inclusion in our “Find a Therapist” website directory
- Access to Member and Announcements Forum on our website where you can seek feedback from other members and post things to the community
- Opportunity to submit a proposal to host a Salon for our Members
- Option to join us on the Board as a volunteer committee chair or ad hoc committee member
- Opportunity for MC-CAMFT to co-sponsor your workshop, so you can offer CEUs to your attendees
- Free Mentoring by experienced clinicians
- Invitation to suggest any member activity you find interesting, and we’ll consider it!

Benefits to MC-CAMFT Website:

- ◇ Current Member Directory
- ◇ Classifieds Page for Members
- ◇ Chapter Board Contact
- ◇ Specialized Forums
- ◇ Online Newsletter
- ◇ Networking Opportunities
- ◇ Chapter Documents Access
- ◇ Sponsorship Opportunities
- ◇ Membership Information

MC-CAMFT CALENDAR

SAVE THE DATE - Presentation

Event Type: Presentation by Dr. Marshal Blatt - Psychopharmacology

Date/Time: April 15th 9am-11am

**** Keep an eye out on mccamft.org for venue information and pricing***

SAVE THE DATE - Full Day Workshop

Event: Grief Rituals with Francis Weller, MFT

Date/Time: July 15th / All Day

**** Keep an eye out on mccamft.org for venue information and pricing***

In This Issue...

2023 Board/Committee	pg. 2
President’s Message	pg. 3
Member Spotlight	pg. 4
Event Reflections	pg. 5
Upcoming Events	pg. 6
Listserv Announcement	pg. 7
Road to Licensure	pg. 8-9
Guest Articles	pg. 10-12
Member Ads	pg. 13
Newsletter Deadlines	pg. 14

2023 MC-CAMFT Board Roster

2023 Board of Directors - Officers -

President:

Amy Snyder, LMFT
amy@heartsinline.com

Past President:

Jennifer Farley, LPCC
info@jennifer-farley.com

Treasurer:

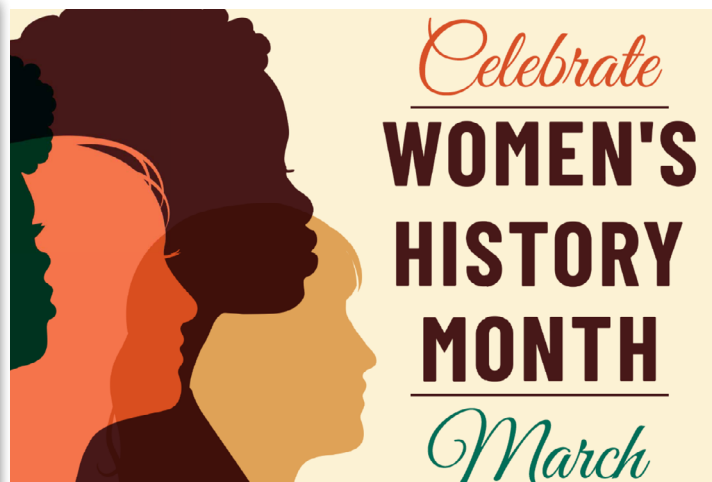
Suzy Cowen, LCSW
suzycowenlcsw@gmail.com

Treasurer-Elect:

Olivia Fae Stadler, LMFT
olivia.stadler@yahoo.com

Secretary:

Stephen Zubach, LMFT
szubcic@yahoo.com



2023 - Committee Chairs -

Legislative & Ethics Chair:

Michael Newman

Mentorship Chair:

Pat McDermott, LMFT
patmcdermft@comcast.net

Newsletter Editor:

Ross E. Farley III, LMFT
rossfarleyiii@gmail.com

Hospitality Chair:

Kate Newhouse, LMFT
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Pre-Licensed 3,000 Hr. Club Chair

Catherine Rodriguez, LMFT
r2crml@sbcglobal.net

Continuing Education (Co) Chairs:

Allison Anthony, LCSW
allison.anthony.lcsw@gmail.com
&

Elizabeth Chamberlain, LMFT
echamberlainmft@gmail.com

Programs (Co) Chairs:

Susan West, LMFT
Susanwest.lmft@gmail.com
&

Mark Schwartz, ScD, LMFT
mfs96@aol.com

Membership Chair: OPEN

Public Relations Chair: OPEN

Disaster Response Chair: OPEN



Like Us on Facebook!

Connect with your colleagues
through the Monterey Chapter
CAMFT Facebook page.

Amy Snyder



2023 Board President

Dear Community Members,

What a beautiful way to end February, having a snowy winter storm come through and paint our hills with white. Spring is playfully approaching, and the days are getting longer. We can now stretch out our arms, take a great big morning yawn and make our way out of the lantern light cave where we were resting and reenergizing all winter. Welcome March!

Thank you to all who participated in our first ever Speed Networking event on February 17th at Sunset Center. The room was full of uplifting energy and we got to meet each other in a fresh, new way. For those of you who missed it, there have been requests from your fellow chapter members to hold another speed networking event in the future. I can foresee this coming together again in the second half of 2023, upon popular demand. I feel the event reenergized us, and we will use that energy to carry us through the rest of the year.

We have some presentations drawing near that I am delighted to announce. Dr. Marshal Blatt, MD will be joining us for a presentation on Pharmacology on Saturday, April 15th from 9 - 11am. He has graciously accepted the request of so many psychotherapists in our area who are eager to learn more about what's happening in the world of pharmacology. Keep your eyes peeled for when registration opens. We have also invited Francis Weller, MFT to lead a full day workshop entitled "Grief Rituals". He developed a style of psychotherapy he calls soul-centered psychotherapy. We're looking forward to having him share his wisdom with us on July 15th.

Along with more formal events such as luncheons, workshops and mixers, we would like the chance to meet one another in a more informal way. We will be starting a new program called Psych Hike. This will be a monthly gathering of members at hiking trails around Monterey County and will be held on the 4th Saturday of each month. We live in an area full of gorgeous outdoors and diverse terrain, so we will explore our backyard together. You will need to register on the website to join us each month, and it is FREE! The first Psych Hike will be on March 25th at 10am. The location for each month will be announced in an email blast. We're looking forward to getting our bodies moving and getting out in nature where joy grows.

CAMFT will be holding their annual conference on May 5th and 6th in Santa Clara. All of our chapter members have been awarded \$20 off their registration. Please use the discount code CHAPTERAC to redeem your discount. You must currently be an active member of your local chapter to redeem this discount. ALSO, we will be raffling off a FREE registration to the conference. Be on the lookout for an email from us to enter your name in the raffle.

Our Member Spotlight is yet again in rotation. Every two months, we will choose a member to be featured in our newsletter and on the homepage of the website. This is a great way to get visibility for your practice and help your colleagues get to know you and your work better. We held a raffle at our last event and we are excited to have Michael Guichet, LMFT as our member spotlight winner. We will choose our next spotlight winner at our April 15th event, so come with your business card to submit your name for the raffle.

With gratitude, I appreciate your membership and participation in the Monterey County Chapter of CAMFT!

Warm Regards,

Amy Snyder, LMFT

Michael Guichet, LMFT



Hello I am Michael Guichet and I go by Mike. I am a passionate sex therapist who loves doing the work I do. Since the beginning of my college career, double majoring in psychology and business at Cal State University Monterey Bay, I have been on the path to becoming a sex therapist. Being a bit of an oddball I knew I wanted to be a therapist at a young age as my grandmother was a therapist and I received great therapy for learning challenges at a young age. Early on I was doing sex education, volunteering at the Monterey County Rape Crisis Center, volunteering at sex therapy conferences while attending the sessions, and being in the communities I serve.

I would go on to John F. Kennedy University for a Master's program and during the time I was getting my license I worked at the Santa Cruz Main Jail site, co-facilitated a men's sexual assault survivor group, worked at a community college supporting students, and worked at an in-home behavioral program. With this wide variety of experiences, I started my sex therapy private practice 6 years ago and I have been focused on that work.

Practice information - My work is focused on helping individuals, partners, and couples to connect on the things that are not being talked about. Often people believe they are broken or their desires are shameful and I work to create change, support people in exploring their desires, and facilitate communication. I enjoy the work of helping clients change the patterns around their sex lives. Specializing in sex therapy I see individuals, couples, partners, and families in monogamous, polyamory, open, LGBTQ+, kink, and BDSM communities. Also, a major component of my work is supporting clients moving through sexual dysfunction and disorder. It is my passion to work to heal shame and facilitate communication around my client's identity, relationship orientation, sexual orientation, sexual behavior, and many more aspects of the sexual experience. I am working in Monterey and Santa Cruz Counties providing only telehealth and my site can be found at Mikemft.com.

I have a few slots and only taking on sex therapy clients. I am also able to provide low-cost consultation on cultural competency around non-monogamy, LGBTQ+, and kink/BDSM clients.

Fun facts - As a little bit of self-disclosure to those who read this (just for your eyes and I am well aware it's the Internet) I want to share that I am part of the communities I serve. I am out at the queer nights, attending spicy events, at times I am on dating sites, and generally live the out-of-the-closet life of authenticity I hope to empower my clients to find their own version of. I am out in the world collecting the data, building my community, and finding resources in interesting places.

Event Reflections



"Thank you to all who participated in our first ever Speed Networking event on February 17th at Sunset Center. The room was full of uplifting energy and we got to meet each other in a fresh, new way. For those of you who missed it, there have been requests from your fellow chapter members to hold another speed networking event in the future. I can foresee this coming together again in the second half of 2023, upon popular demand. I feel the event reenergized us, and we will use that energy to carry us through the rest of the year."

-Amy Snyder, MC-CAMFT President

"Sending big appreciations to our MCCAMFT Board for the speed networking event that they put on yesterday at Sunset Center; it was fun! I enjoyed seeing old friends and colleagues, and it was especially helpful to meet new (to me) therapists to referral to."

"I also wanted to express my gratitude to the board for organizing this event and to my colleagues for the lively exchanges."

"I agree, it was a fun and playful event! And it afforded us all the chance to be reminded of our rich therapeutic community. Many thanks to the Board for all the planning and organizing. Looking forward to more opportunities to connect in person!"

Save the Date - March 25th : 10am

PSYCH-HIKE!

This will be a monthly gathering of members at hiking trails around Monterey County and will be held on the 4th Saturday of each month. We live in an area full of gorgeous outdoors and diverse terrain, so we will explore our backyard together. You will need to register on the website to join us each month, and it is FREE! The first Psych Hike will be on March 25th at 10am. The location for each month will be announced in an email blast. We're looking forward to getting our bodies moving and getting out in nature where joy grows.

Save the Date - April 15th : 9am-11am



Dr. Marshal Blatt - Psychopharmacology

Dr. Marshal Blatt, MD is a Psychiatry Specialist in Monterey, CA and has over 34 years of experience in the medical field. Dr. Blatt has extensive experience in Psychotic Disorders. He graduated from STANFORD UNIVERSITY in 1989. He is affiliated with Community Hospital Of The Monterey Peninsula.

Save the Date - July 15th : Full Day Workshop



Francis Weller, MFT - "Grief Rituals"

Francis Weller, MFT, is a psychotherapist, writer and soul activist. He is a master of synthesizing diverse streams of thought from psychology, anthropology, mythology, alchemy, indigenous cultures and poetic traditions. Author of *The Wild Edge of Sorrow: Rituals of Renewal and the Sacred Work of Grief*, *The Threshold Between Loss and Revelation*, (with Rashani Réa) and *In the Absence of the Ordinary: Essays in a Time of Uncertainty*, he has introduced the healing work of ritual to thousands of people. He founded and directs WisdomBridge, an organization that offers educational programs that seek to integrate the wisdom from indigenous cultures with the insights and knowledge gathered from western poetic, psychological, and spiritual traditions.

For thirty-nine years Francis has worked as a psychotherapist and developed a style he calls soul-centered psychotherapy. As a gifted therapist and teacher, he has been described as a jazz artist, improvising and moving fluidly in and out of deep emotional territories with groups and individuals, bringing imagination and attention to places often held with judgment and shame.

Francis received a B.A. from the University of Wisconsin Green Bay and two Master's Degrees from John F. Kennedy University in Clinical Psychology and Transpersonal Psychology. His writings have appeared in anthologies and journals exploring the confluence between psyche, nature and culture. His work was featured in *The Sun* magazine, the *Utne Reader*, and the *Kosmos Journal*. He is a frequent presenter and keynote speaker at conferences, bringing insight, poetry and a breath of humor to his talks. Francis is currently on staff at Commonweal Cancer Help Program, co-leading their week-long retreats with Michael Lerner. He has taught at Sonoma State University, the Sophia Center in Oakland and has been the featured teacher at the Minnesota Men's Conference. He is currently completing his fourth book, *The Alchemy of Initiation: Soul Work and the Art of Ripening*.

MC-CAMFT ANNOUNCEMENTS LISTSERV VIA TOPICBOX

Welcome to our new announcements forum!

This replaces the old forum on our website.

Enjoy a wider outreach, as every active member can now access this listserv.

As a chapter member, you are automatically enrolled in this listserv so that you can easily communicate professional announcements with fellow members.

How it works:

To send a message to everyone in the group, use the email: mccamft-announcements@mccamft.topicbox.com

You'll receive a copy in your email, or you can view it online at <https://mccamft.topicbox.com/groups/mccamft-announcements>. You can write new messages or responses there too.

- An acceptable announcement is any referral, event, group, office space available/wanted, supervision wanted/offered, trainings, etc. This can include both offering or looking for a service, a resource, or information.
- Examples of announcement topics are: looking for referrals, office space, internships, supervisors, etc.; starting a peer consult group; forming special interest group; practice announcement or openings; donating books; referral questions for clients; questions on resources, or services, etc.

HOW TO MANAGE YOUR NOTIFICATIONS FROM TOPICBOX

When someone makes a post, you will get an email notification. If you'd like to adjust things so that you get a daily summary (rather than potentially multiple emails a day), or to remove yourself from all notifications, here is how to do it:

Click this link: [delivery options](#)

It will ask you to put in your email address. Enter your email.

It will then send you a code to type in. Type in that code.

Now you are in Topicbox.

On the right hand side, you'll see a section called "Delivery options" and then a link that says "edit delivery options". Click on the link that says "edit delivery options"

From there, there are 3 options and you can pick which is best for you, including an option to no longer receive emails. If you'd like to not be active in this forum, you'd pick that option.

Please note that there is also an option to receive a "daily summary". This would allow you to get ONE email per day with a summary of all messages sent, so if you are overwhelmed by messages coming in as they are posted, this can be a great way to still stay engaged, but not get too many emails.

Road to Licensure / Phase 4: Law and Ethics Exam, Associate Registrations, Oh My!

Submitted by Catherine Rodriguez, LMFT

Welcome to Part 4 of the MC-CAMFT Road to Licensure article series! I'm Catherine Rodriguez, your 2023 Pre-Licensed Board Chair.

This series is adapted from the 2022 version of CAMFT's Master Checklist for MFT Licensure as well as other BBS resources for MFTs, PCCs and CSWs. Be sure to check with the BBS and CAMFT often to ensure you have the most current information, as it is an ever-evolving process. We'll do our best here to provide you with the most up-to-date information on the Road to Licensure. On the BBS website, you will notice the phrase "Ultimately, it is the responsibility of the applicant to comply with all requirements for licensure." While this is true, there is plenty of support available for you. My goal in this series is to empower you to know where to go for resources and support.

On the CAMFT website <https://www.camft.org> under the Pre-Licensed Corner, you'll find The Master Checklist for MFT Licensure (updated for 2022). You must be a CAMFT member to access this, but it's an invaluable resource along with many other resources available from CAMFT for Pre-Licensed members.

Over the course of the year, these articles will address these 6 topics in the Phases of Licensure:

- 1) Grad School & Traineeships
- 2) Upon Graduation
- 3) Gaining Hours of Experience
- 4) Law and Ethics Exam, Associate Registration Oh My!
- 5) Licensure and Beyond
- 6) Therapist Self-Care

These articles will have links to websites that you can access for the specific support that you need. Please feel free to contact me for guidance or to give feedback on how we can best serve you.

Because there is a great deal of detailed, technical information in this article, just a reminder to check with the BBS and CAMFT often to ensure that you have the latest, most thorough information about this process.

So, you have your MFT (or PCC or CSW) Associate Registration number, which you applied for within 90-days of posting of your graduate degree (during which time you can count hours of experience toward licensure IF you've applied for your associate registration). You've had your LIVESCAN fingerprints and criminal background check completed. You might already be working in a Mental Health agency or private practice as an Associate. Remember to be sure that your work setting meets the BBS requirements. It must "lawfully and regularly provide mental health counseling or psychotherapy."

Now you can take (and PASS!) the California Law and Ethics Exam. On the BBS website, you'll find the forms you need to apply to take the INITIAL exam, if it's your first time attempting to take it. You may also use the BBS's BReZE system online to apply. There are separate application forms for each license type, along with a fee. If you are applying for dual licenses remember to complete each application and exam process. It takes about 4-6 weeks to process the application form, and you can only check in with the BBS if you haven't heard anything after 45 days. The exam is administered at this time by Pearson Vue, and they will contact you to schedule the date of your exam. They have many testing centers located throughout California. If you need reasonable accommodations you must have pre-approval of a Request for Accommodation.

While the goal is to pass the L&E exam the first time, what happens if you don't pass? There is a 90-day waiting period before you can take the exam again. The BBS website indicates that the Law and Ethics Exam must be taken annually to renew the Associate Registration until successfully passing the exam, and PASSED before you can receive a subsequent Associate Registration number. You can renew your initial Associate registration five times in a 6-year period, after which you must apply for a new registration number (if you have not yet received your license before this time). A Law and Ethics course is NOT required to regain eligibility to take the Law and Ethics Exam, as legislation was passed that removes this requirement effective January 1, 2023.

Be sure to renew your registration every year while gaining hours of experience. This allows you to continue to practice psychotherapy and count your hours of experience.

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To help you prepare for the exam and hopefully increase your chances of successfully passing, there are exam preparation courses offered by various training organizations such as the Therapist Development Center (<https://www.therapistdevelopmentcenter.com>) and Gerry Grossman Seminars (<https://gerrygrossman.com>). No endorsement is implied but these are a few examples.

As there are many requirements to apply to take the exam, be sure to review the appropriate BBS forms including the Application for Associate Marriage and Family Therapist Registration In-State Applicant (or appropriate Application based on your specific registration and circumstances).

<https://www.bbs.ca.gov/pdf/forms/mft/imfapp.pdf>

Another area to be aware of as you're gaining hours of experience is regarding advertising your psychotherapy services as a Registered Associate MFT or PCC. Be sure to check with the BBS website and visit CAMFT Pre-Licensed Corner articles.

“The new regulations for Registered Associate Marriage and Family Therapist advertising provides that advertisements for professional services must include all of the following information: 1) the registrant's full name as it is filed with the BBS; 2) he or she is a “Registered Associate Marriage and Family Therapist” or “Registered Associate MFT”; 3) the Registrant's registration number; 4) the name of his or her employer or the name of the entity for which he or she volunteers; and 5) he or she is supervised by a licensed person. In addition, if the acronym “AMFT” is used in an advertisement, the title “Registered Associate Marriage and Family Therapist” must also be spelled out in the advertisement.”

From <https://www.camft.org/Portals/0/PDFs/articles/how-does-exam-restructure-affect-you.pdf?ver=2019-05-23-174754-843>

Once again, there are many details to attend to in taking and passing the Law and Ethics exam, so be sure to check with the BBS and CAMFT websites (I know, I sound like a broken record!). Next time, we'll talk about the Application for Licensure and taking the MFT Clinical Exam.

Last but not least, be sure to sign up for membership in state and local Monterey County CAMFT, for resources, information, community and support on your Road to Licensure. Check here <https://mccamft.org> for member benefits on the MC-CAMFT website. See you in the next article, and good luck on this phase of your journey!



5 Questions to Help Mourn and Transition From COVID

A Personal Perspective: *Questions to help you reflect, remember, and grow.*

Ravi Chandra M.D., D.F.A.P.A.

COVID is here to stay, though we may be transitioning to a more steady state of living and dying with the virus. COVID and its variants are projected to be the seventh leading cause of death in the U.S. from here on out, the primary cause of death for 100,000 people yearly. Influenza, for comparison, causes 50,000 deaths per year. It's still possible that a more infectious and lethal COVID variant may emerge or that a different virus will cause another pandemic.

But this March marks the third anniversary of the global COVID-19 lockdown. Over the pandemic, we have also had the extraordinary wounds of racism surface more prominently, as well as seeing our political system go to the brink of meltdown. We have a lot of memories and feelings to work with. In fact, so much so that I made my first documentary, which won Best Film at the 2021 Cannes Independent Film Festival. You can see *The Bandaged Place: From AIDS to COVID and Racial Justice* virtually (see references).

Here are five questions to help you think about the last three years and generate insight and meaning. I encourage you to reflect and even journal.

"Rose, bud, thorn" is an ice-breaker question.

1. What is the rose (highlight), bud (developing aspect), and thorn (difficulty) in your COVID relational journey with others or one special other?

The rose of my COVID journey has been my mom's continued good health. She's 88 and walks 6000+ steps a day. The bud is that we've gotten even closer during the pandemic, speaking on FaceTime every day and in person for five to seven days a month when I work virtually from her place. The thorn is that she's 88. So every moment is precious, sad, and a cause of anxiety, anticipating loss.

2. What is the rose (highlight), bud (developing aspect), and thorn (difficulty) of your relationship with yourself during COVID?

The rose is that I really had time to be with my feelings about the culture. This has allowed me to put out quite a bit in writing. I've written a lot of long-form essays "at the intersection of Black and Asian lives" at EastWind eZine (see references). The bud is that my relationship with myself is an ongoing development, and I am always "seeking the interior." The thorn is that it often feels like my innermost nature conflicts with oppressive and abusive forces in the culture, particularly racism. Yet I have to bring compassion and relatedness, and honesty to this mess. Wish us all luck.

3. What loss have you experienced, personally, during COVID? Is there a lesson?

I'm fortunate not to have lost a close friend or relative to the virus, but I've had many friends and patients significantly infected or impacted. I think my loss is really the loss of the face-to-face in work and life, though tech connections have given me an ambient sense of being in a relationship with others, as have my daily walks. However, the lesson is how important and precious our time with each other is and how important it is to be present for others when I'm with them.

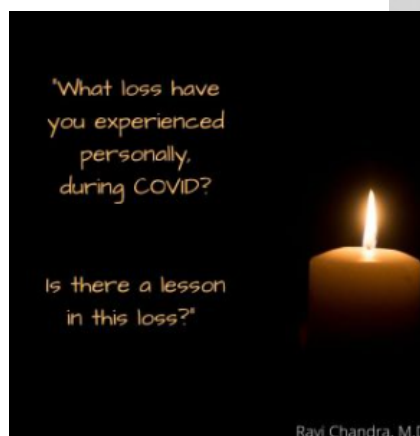
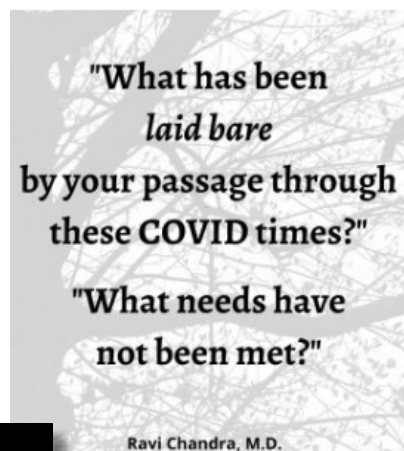
4. What has been laid bare by your passage through these COVID times? What needs have not been met?

For me, many things have been laid bare. American and world society are in conflict. One analysis that cuts through the conflict is the tension between "social dominance orientation" and what I call "relational-cultural-contextual" orientation. The needs for the latter have not been met. But I'm here for it. I wrote about this in my review of films at an Asian American film festival last year (see "From Bad Axe to Chinatown to Hong Kong, Let Freedom Ring!" in references.)

5. What essence needs to be affirmed and amplified in the culture?

For me, it comes down to the generosity of spirit. People become people through other people. We make each other special with our time and attention. I am because you are. I cannot be what I ought to be unless you are what you ought to be. We need each other, and that's what makes us human.

I hope these questions and your reflections will be helpful to you on your journeys of identity, belonging, wellness, and meaning!



ChatGPT: Why Is It Making People So Nervous?

AI is here to stay. Rather than fear it, we need to learn how to use it.

Pamela B. Rutledge Ph.D., M.B.A.

KEY POINTS

-ChatGPT gained 57 million users in the first month and now has well over 100 million users globally.

-Potential positives of ChatGPT use include brainstorming, quick research, language translations, support for special needs, and entertainment.

-Potential negatives of ChatGPT use are lack of critical thinking, plagiarism, bullying, misinformation, and dependence on technology.

-The more we know how ChatGPT works, the better, but it will likely not go away.

ChatGPT is the new artificial intelligence (AI) chatbot developed by OpenAI that can write essays, solve complex problems, compose song lyrics, do homework, and more. It has launched a new moral panic as many teachers, parents, and even some teens are convinced that students will use this tool to cheat. In response, a number of school districts have moved to ban ChatGPT.

The enthusiasm for the app, however, far offsets the opposition. ChatGPT gained 57 million users in the first month and now has well over 100 million users globally. Unsurprisingly, tech companies are scrambling to ramp up their AI investments. Microsoft has backed ChatGPT with a \$10 billion investment sparking some tension with the folks over at Google.

Why all the fuss? AI has been around for a while, delivering your Netflix recommendations, correcting your grammar, and recalculating your driving route based on current traffic conditions. While these have raised minor concerns about data privacy, ChatGPT represents a new level of access with these capabilities in the public domain. It is a disruptive technology waiting to happen.

What is ChatGPT?

You can ask ChatGPT yourself. It will quite cheerfully give you an explanation. Be specific about length in your inquiry, though. It does tend to go on.

I'm ChatGPT, a chatbot designed to answer your questions! I use AI and machine learning to generate responses that sound like they're coming from a human. AI is the broader concept of building intelligent machines, while machine learning is one of the methods used to achieve that goal. Just type in what you want to know or talk about, and I'll do my best to help. Whether it's homework, news, or just a friendly chat, I'm here for you!

Chat GPT Highlights

In our monthly Cyberwise Chats Webinar, Diana Graber and I discussed some of the issues, including the potential benefits and challenges with ChatGPT. Here are the highlights:

-ChatGPT responds to prompts the user enters, such as "What is a short, simple definition of ChatGPT?" The better and more specific the prompt, the higher quality of the response.

-ChatGPT gets its information from across the Internet. According to the OpenAI site, it has nothing newer than 2021 at present, and the search is limited to avoid keywords related to pornography, hate speech, etc.

-There is currently free 24/7 access, but users must be 18 to sign up.

-Be careful how you use it. It doesn't have the ability to judge the accuracy of the information it provides, so it can get things wrong.

-ChatGPT has no ability to make value judgments, understand human emotions, or know how to judge the context of the questions you ask.

-It's very good at organizing and writing clear sentences.

-Many chatbots are used to intentionally spread misinformation, bully, and generally stir up trouble. ChatGPT is just the first one with broad public access.

-Some potential positives of ChatGPT use include brainstorming, quick research, language translations, support for special needs, and entertainment.

-Some potential negatives of ChatGPT use are lack of critical thinking, plagiarism, bullying, misinformation, and dependence on technology.

Moral Panics

Humans are not very trusting when it comes to new technology. Many concerns about ChatGPT echo the moral panics throughout history, from when Socrates saw serious social problems with writing and privacy to politicians blaming school shootings on video games (e.g., Ferguson, 2008).

Moral panics generally reveal underlying beliefs of technological determinism, so before jumping on the "ban ChatGPT bandwagon," remember that technology will continue to be a big part of our lives, especially our kids. There is no putting that horse back in the barn, so it's a good idea to figure out how to prepare kids to navigate a world with AI.

Risk of Plagiarism

Stories about plagiarism with ChatGPT get a lot of attention. Not counting all those sites where you can buy essays and term papers, the copy and paste functions of any word processing software are the biggest facilitators of cheating in school. Should we ban those? The ability to check for AI is just around the corner.

Plagiarism detection services are all adding AI detection. Evidence suggests that cheating is widespread but is a product of socio-emotional drivers more than the availability of tools (Krienery et al., 2022).

cont'd on pg. 12

My experience teaching suggests that the best way to avoid plagiarism is to create assignments where it's very difficult to cheat. Yes, some tools make cheating easier, but that doesn't mean we should throw them out. I wouldn't want to go back to pre-Internet days when the information was only as good as your local library was funded—if you had a local library at all.

Why do we start with the assumption that kids will cheat? That's a reflection of ethical values and social pressures, not tools. A better question is, "What does AI like ChatGPT give us that we didn't have before?" If we start with the assumption that AI is here to stay, what does this mean about education?

Preparing Kids for AI

Preparing kids for AI means teaching them the skills and knowledge they need to work with AI technologies. Foremost among these are critical thinking and ethical decision-making. This includes learning how to question and check information sources to develop data literacy and understanding key ethical concepts such as ownership (copyright, privacy, and plagiarism), citizenship (bullying, hate speech), and persuasive design (algorithmic bias, feedback loops). It also means learning how to be curious, collaborative, and creative with a continually changing set of tools.

Most of all, it means age-appropriate exposure to the benefits, challenges, and dangers of tools as they emerge and giving young people the skills they need to navigate the digital world. Sometimes, that means experimentation with new technology. Sometimes that means using a pencil and paper. But I guarantee that the more people try to ban ChatGPT, the more kids will want to try it.

How Teachers Can Use ChatGPT

Teachers can integrate ChatGPT into assignments to destroy the mystique and highlight the capabilities and limitations. Ask kids to use it for part of an assignment or have them evaluate the quality of the output or the things that make it sound like AI. Have them research sources to support the points that ChatGPT makes. For teachers whose after-school hours are filled with reports and repetitive tasks, Chat GPT is a good tool for things like syllabus updating, summarizing articles in simple language, generating quiz questions, and getting past the "blank page" trauma of writing.

One professor said that it was like having a really fast research assistant who made mistakes, although some evidence suggests that it can be a great tool for complex searches (Wang et al., 2021). Another integrated ChatGPT into an assignment asking students to source and evaluate a ChatGPT essay which helped the students see its shortcomings. The evaluation of the output is the key. It's a great starter but not a good finisher.

What Parents Can Do About ChatGPT

Always start with a conversation. Don't lecture or assume your kids will use it to cheat.

Don't dismiss a tool like ChatGPT until you explore it for yourself. Think about how you would use it—and whether it could speed up your emails and reports or save you time around the house. I asked it to write a recipe for Sole Meuniere. It was very fast and accurate and included serving suggestions and wine pairings.

Ask your kids to brainstorm how they might use ChatGPT. Ask ChatGPT some questions together with your kids. Silly questions are fun ("What does Scooby-Doo eat for dinner?"), and ChatGPT always delivers. (Scooby-Doo likes Scooby Snacks, but what he has for dinner is unclear.) All questions can lead you to a discussion about when it's a helpful tool and what uses would be unethical or inappropriate.

AI is already driving a lot of our interactions with technology. The more we know how it works, the better, but it will never replace human cognition and will not go away. The only way to harness the potential is to learn how to use it well.

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